



YIN MEDITATION WORKSHOP

Autumn

May 15th

1pm - 3.30pm

according to Traditional Chinese Medicine
each season brings its special energetic quality.

Autumn a time
of shedding the unnecessary and storing vital resources for winter.

With the movement of letting go,
the qualities of refinement and discernment are fine tuned.

Autumn draws us inward
and finding the most valuable
discovering quietness and meaning.

In this workshop, students mindfully explore practices specifically
related to autumn, the element of Metal and Vata.
Gentle postures will focus on the lung and large intestine meridians
helping breathing, calming nervous system
and improving immunity.
Come explore the gentle meditative
side of yoga with autumn themes

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